



For Immediate Release

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NEWS RELEASE

Small Steps to Prevent Diabetes Give Big Rewards

(Salt Lake City, UT) – New studies show that treating pre-diabetes through physical activity and a nutritious meal plan, can cut a person's risk of developing type 2 diabetes by more than half. The Utah Department of Health (UDOH) has received funding from the Centers for Disease Control and Prevention to address prevention in its statewide diabetes efforts.

The UDOH's newly named Diabetes Prevention and Control Program (DPCP), formerly known as the Diabetes Control Program, will begin its first prevention campaign, ***"Small Steps. Big Rewards."*** to prevent or delay type 2 diabetes.

"The new campaign will inform Utahns with pre-diabetes that small lifestyle changes in physical activity and nutrition can dramatically reduce the risk of developing type 2 diabetes," said Brenda Bodily, DPCP information specialist. "Thirty minutes of moderate physical activity a day, five times a week, combined with a five to seven percent weight loss is typically all a person needs to treat pre-diabetes and effectively reduce his or her risk of developing type 2 diabetes." DPCP will air public service announcements on radio and television and distribute educational materials stressing that anyone can make these small changes to delay or prevent type 2 diabetes.

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Pre-diabetes is not a new diagnosis – it was previously known as impaired glucose tolerance and impaired fasting glucose. Nearly always a precursor to type 2 diabetes, pre-diabetes occurs in people who have blood sugar levels higher than normal, but not high enough to be diagnosed as diabetes.

According to the Centers for Disease Control and Prevention, about 16 million adults ages 40 to 74 years have pre-diabetes. Adults with pre-diabetes have a 50 percent higher risk of heart attack or stroke. Unfortunately, similar to type 2 diabetes, many people with pre-diabetes don't know they have it. Diagnosing pre-diabetes is critical because of the potential to delay or prevent type 2 diabetes.

Pre-diabetes symptoms are similar to those for type 2 diabetes. Blurry vision, constant thirst, fatigue, tingling and numbness in the hands and feet are a few of the more common symptoms. Because many of these symptoms are easy to ignore getting screened for pre-diabetes can be the most important step to prevent type 2 diabetes. Risk factors for type 2 diabetes include being over the age of 45, overweight, of a minority ethnic or racial group, having a family history of diabetes, inactivity or having had a baby weighing more than nine-pounds at birth.

DPCP estimates that approximately 120,000 Utahns have diabetes. Of those diagnosed with diabetes, 90-95 percent have type 2 diabetes. Diabetes is the sixth leading cause of death in Utah. The cost of hospitalizations related to diabetes is nearly \$240 million per year. The complications associated with undiagnosed or uncontrolled diabetes can include blindness, amputation, kidney disease, heart attack or stroke.

See your doctor or call the Utah Department of Health Resource Line at 1-888-222-2542 for more information about pre-diabetes or a list of symptoms and risk factors. www.health.utah.gov/diabetes